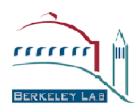


## Computer Monitor Height Guidelines .....





The top of the monitor should be at or below seated eye height...

- At or above eye height if you sit back deeply
- Lower if you also work with hardcopy on the desktop
- Lower if you view through the lower part of bifocals or progressive lenses
- Lowest if you look a the keyboard as you type



For more information, contact the Ergo Team x5818 or ergo@lbl.gov